

How to stand as an NSFT Governor

To be eligible to stand as a Trust Governor you must:

- Already be a Trust Member
- Be a resident of Norfolk or Suffolk
- Be over 16 and interested in the delivery of mental health services now and in the future

You can make a difference!

Becoming a Governor

Find out more by visiting the Governor's page on the NSFT website at:

nsft.nhs.uk/governors

Becoming a Member

For information about how to become a Member of the Trust, visit:

nsft.uk/becomeamember

Contact us?

You can speak with Governors at public meetings and events. If you want to raise something directly with a Governor, please contact us by email at: governors@nsft.nhs.uk

Patient Advice and Liaison Service (PALS)

NSFT PALS provides confidential advice, information and support, helping you to answer any questions you have about our services or about any health matters.



If you would like this leaflet in large print, audio, Braille, alternative format or a different language, please contact PALS and we will do our best to help.

Email: PALS@nsft.nhs.uk

Call PALS Freephone: 0800 279 7257

Norfolk and Suffolk NHS Foundation Trust values and celebrates the diversity of all the communities we serve. We are fully committed to ensuring that all people have equality of opportunity to access our service, irrespective of their age, gender, ethnicity, race, disability, religion or belief, sexual orientation, marital or civil partnership or social and economic status.



Trust Headquarters

Hellesdon Hospital, Drayton High Road, Norwich, NR6 5BE

Working together for better mental health...



Positively... Respectfully... Together...

© January 2018. NSFT. Leaflet code: 18/002. Review date: December 2020. GFX: 4916



Norfolk and Suffolk
NHS Foundation Trust

Your Governors

Working on behalf of our Members and the wider public to support improvement of mental health services



 Working together
for better mental health

nsft.nhs.uk/governors

Who we are

Most Governors are elected by Trust Members to serve for three years (maximum of nine years).

Governors represent:

- Service users
- Carers
- Public
- Staff
- Partners (Partner Governors are nominated by local bodies with links or interests in the Trust, such as local authorities and universities)

Duties of a Governor

Governors bring a wealth of knowledge and experience to their role. Their role includes:

- Representing the interests of Trust Members and the wider public
- Holding the Non-Executive Directors to account for the performance of the Board
- Appointing or removing the Chair or other Non-Executive Directors
- Attending Council of Governor meetings, committees and training

What we do

Governors are elected to ensure that the Trust takes into account the interests of the communities they serve. We do this by:

- **Using our contacts and connections** to understand and represent the experiences and views of Members and the wider public
- **Hosting and attending events** to inform, consult or gather information about services or future plans
- **Visiting mental health services** to gain knowledge and understanding



Supporting Trust improvement

- Raised awareness via Member events
- Highlighted concerns about complaints procedure, which was revised and personalised
- Ensured the Carers voice is heard as well as the voice of younger Members via links with the Youth Council
- Raised concerns about staff pressures in the workplace